



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 26, 2003

SUBJECT: Building Caregiver Coalitions – CMS Satellite/Webcast

On September 30, 2003, the Centers for Medicare & Medicaid Services (CMS) will host a satellite broadcast and webcast entitled "Building Caregiver Coalitions". A twelve member panel will discuss the development of caregiver coalitions. The discussion will be followed by a question and answer session for the viewers. Through the session, CMS hopes to promote organizations joining caregiver coalitions to provide services and information to caregivers.

Technical information on how to participate in either the satellite presentation or webcast will be posted on the Centers' web site by the end of the last week in August according to Betty Burrier, Health Insurance Specialist, at CMS. Registration is required to participate in the sessions. You may link directly to the website at www.cms.hhs.gov/partnerships or contact Betty Burrier at BBurrier1@cms.hhs.gov.

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors, Area Agencies on Aging
Information and Referral Assistance Staff

FROM: Faye D. Cates, MSSW, Human Services Program Coordinator

DATE: August 26, 2003

SUBJECT: YOUR FUTURE PAYCHECK

Many women do not see the “big picture” when it comes to money matters – whether they are a young women just beginning to earn her way in the world; a working woman trying to make ends meet; a woman facing a divorce or widowhood; or a mid-life or older woman considering retirement. Many women start out and remain at a real economic disadvantage. An older women’s chance of retiring poor is twice as great as a man’s. Women live longer, but because of pay inequities, lack of pension coverage, leaving the workforce to care for children and parents, employment patterns and marital status, they usually retire on less.

The *Women’s Institute For A Secure Retirement (WISER)* is dedicated to improving the long-term financial security of all women through education and advocacy. With the support of the Teresa & H. John Heinz III Foundation, WISER generated the report, *Your Future Paycheck*. This groundbreaking report educates policymakers, educators, and women about the challenges women face in planning a secure retirement. *Your Future Paycheck*® pulls it all together – statistics, policy analysis, and personal stories. The report demonstrates how the key choices and barriers women face regarding their personal paychecks impact their financial futures. For the Executive Summary of the report go to www.wiser.heinz.org/yfp2002_exec_sum.html.

Among the report’s findings:

- Women earn 73 cents to every dollar a man earns.
- One in five women have a private pension plan.
- Women lose \$659,139 in earning because of caregiving.
- 63% of single (widowed, divorced, never married) older women have retirement incomes of less than \$15,000.
- Many women are unable to take full advantage of their pension plan.
- About 46% of women participate in pension plans compared to 54.5% of men.

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Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Carol Cooper Driskill

DATE: August 26, 2003

SUBJECT: **Stanford University On-Line Chronic Disease
Self-Management Program**

The following information is from the HEALTHYAGING-LIST@LISTSERV.CDC.GOV

Stanford University has been developing and testing an on-line version of the chronic disease self-management program. The workshops are part of a randomized research study to determine the effectiveness of the program for people living with heart disease, lung disease, and type 2 diabetes. They are almost done with recruitment for their on-line chronic disease workshops, but need your help to fill the remaining classes! In particular, they would like to advertise the program to people living with heart disease and lung disease (including asthma).

They will be recruiting for the on-line program until October 2003. If your organization or group has a web site or newsletter, and you would like to place an announcement about the study, please email Katy Matthews at kmatthews@stanford.edu for more information.

If you have a web site that you would like to recommend for announcing the workshop, please let them know. They would really like to get the word out to people living with heart disease. Any ideas you have would be great!

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen Nau, Human Services Program Coordinator

DATE: August 26, 2003

SUBJECT: Kinship Care

Grandparents Day is Sunday, September 7. Remember your grandparents and foster grandparents! Visit <http://www.grandparents-day.com>.

VDA's Kinship Care Initiative Statewide Task Force and Information Network will meet on Tuesday, September 16, 2003 from 9:30 A.M. to 12:30 P.M. in the VDA Conference Room. In Virginia, according to 2000 Census, 140,015 grandparents are living with their grandchildren and 59,464 grandparents are responsible for their grandchildren's needs. If someone from your agency would like to attend this meeting, please e-mail me at Enau@vdh.state.va.us or phone 804-662-9340.

Generations United 12th International Conference "Uniting Generations to Build a Better World" will be held October 15-18, 2003 in Alexandria, Virginia. **Sean Astin**, star of *Lord of the Rings* and member of The President's Council on Service and Civic Participation, will speak at the closing plenary session and offer his perspective on the value of intergenerational relationships and volunteerism. The conference will feature various workshops on intergenerational topic. An international photo exhibit sponsored by the British organization, Help the Aged, www.helptheaged.com, will be displayed. A host of celebrities including Joan Collins, Phil Collins, Helen Bonhart-Carter, Colin Farrell and others teamed up with award winning photographer David Chancellor to capture intergenerational families. Visit www.gu.org for further information.

SUBJECT: Kinship Care
Page 2 of 2

Grandparents' Visitation Rights were looked on favorably by recent court rulings in Massachusetts and New Jersey according to the August 3, 2003 issue of the Older Americans Report. The trend seems to be going in favor of grandparent visitation rights despite the July 31 ruling against a grandparent's request for visitation rights by the Michigan Supreme Court. The Michigan decision involved a grandmother who refused to acknowledge her son's admitted culpability in certain crimes. AARP filed friend of the court briefs in the Massachusetts and New Jersey cases. Further information on this issue can be obtained from AARP at 202-434-2063.

Grandfamily Housing is an issue successfully tackled by the Oklahoma Grandparents Raising Grandchildren Task Force according to the August 15, 2003 issue of the Older Americans Report. The task force obtained rights to an old unused low-income housing complex outside of Oklahoma City that will be torn down. Housing designed for grandfamilies will be constructed on the site. The project is modeled after the LEGACY bill introduced that Congress is considering. The LEGACY bill would create national demonstration projects for housing specifically designed for grandparents and other relatives raising children. Oklahoma has one of the highest rates of families headed by grandparents in the United States. For further information, contact Judy Leitner, Oklahoma, 405-522-4510 or www.okdhs.org/aging.

The Virginia Department of Health's Center for Injury and Violence Prevention has published the Fall issue of their newsletter. Topics include: transporting children to school; statewide unintentional injury prevention work, highlights of VA Department of Fire programs; bicycle safety trainings; new resources, funding opportunities; new child passenger safety standard and calendar of events. You can view the newsletter at <http://www.vahealth.org/civp/newsletter.pdf>.

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Faye D. Cates, MSSW, Human Services Program Coordinator

DATE: August 26, 2003

**SUBJECT: AARP PUBLIC POLICY INSTITUTE ISSUE PAPER - BEFORE THE
BOOM: TRENDS IN LONG-TERM SUPPORTIVE SERVICES FOR
OLDER AMERICANS WITH DISABILITIES**

Much has been made of the aging of the "Baby Boom" and the potential demands they may make on the nation's systems for providing long-term supportive services. However, Boomer-driven demand for long-term supportive services is not likely to increase substantially for at least 20 years and will not crest until after 2030.

Before the Boom: Trends in Long-Term Supportive Services for Older Americans with Disabilities identifies 14 trends related to cohort characteristics, disability rates and services utilization patterns that are changing the environment for long-term supportive services. The implications for our aging information resource system are great. A summary is below. To access the full report go to www.Aginghelp.com/demographics.html#health.

The purpose of the report is to examine demographic, socioeconomic, market, and policy trends that have substantially changed the direction of long-term supportive services over the past couple of decades and how these trends are likely to affect demand for such services between now and 2030 when the oldest Baby Boomers turn 85.

Summary of Trends

Trend #1 - Nursing home utilization rates have declined substantially, especially among persons aged 75 and older.

Trend #2 - Growth in the older population, which was heavily skewed toward the 75 and older age categories in the last decade, will shift to the younger old in the next two decades.

Trends #3 - Disability rates among older persons have declined substantially.

Trend #4 - Socioeconomic improvements have helped reduce disability rates among older persons.

Trend #5 - Medical advances have also played a role in reducing disability rates.

Trend #6 - Socioeconomic improvement is increasing the service options available to older persons with disabilities.

Trend #7 - The narrowing ratio of men to women in old age has contributed to the declining use of institutional care and will likely continue to do so over the next few decades.

Trend #8 - Cohorts of older persons who will reach the high risk years of 75 and older during the next two decades will have more adult children than previous cohorts.

Trends #9 - Utilization trends for long-term supportive services differ substantially among racial/ethnic groups.

Trend #10 - Assisted living has grown substantially over the past decade, though the extent to which it has replaced nursing home services is not well documented.

Trend #11 -Home health care utilization grew rapidly then declined precipitously following cuts in Medicare reimbursements in the late 1990s.

Trend #12 -Many nursing homes have responded to the changing long-term supportive service market by becoming increasingly diversified, specialized, and medicalized.

Trend #13 - Medicaid's institutional bias in favor of funding nursing home services is slowly shifting toward increased funding for home and community-based services.

Trend #14 - Increased public and private payments for home and community-based alternatives have combined with Medicare changes to reinforce the increased specialization and medicalization of nursing homes.

Conclusions and Implications for the Future Projecting

Utilization pattern for long-term supportive services of future cohorts of older persons is likely to exaggerate potential demand for services and their costs unless cohort differences are taken into account. While predicting the future is an uncertain art, the characteristics of the cohorts who will enter late old age during the next two to three decades "before the boom" suggest that demand for long-term supportive services, especially those offered in institutional settings, will grow very slightly, if at all. Favorable demographic and socioeconomic trends should create a more consumer-driven market that will demand not only higher quality services, but also a much higher quality of life. Public policy will need to adapt to the greater diversity of needs and preferences of older persons with disabilities, so that long-term supportive services that enhance consumer control, autonomy, and dignity are not restricted to those who can afford to pay privately. The next twenty to thirty years offer a window of opportunity to make such changes before the Boomers enter late old age.

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Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Carol Cooper Driskill

DATE: August 26, 2003

SUBJECT: Fluids & Service Standard Reminder

We've just received a new supply of the VDA brochure **Water: The Fountain of Life**. Please contact us if you need more copies. The brochure can be distributed with home delivered meals and at congregate meal sites as a reminder for seniors to drink plenty of fluids. I've also attached some additional articles about drinking fluids.

As you know, the heat can create medical risks for older adults. Preventive steps to avoid heat exposure include:

- Drink plenty of liquids but avoid beverages with alcohol or caffeine
- Avoid going outside in the middle of the day
- Wear loose fitting cotton clothing

Exposure to extreme heat, even for a short time period, poses a health threat because the body's natural cooling system becomes overloaded. Too much heat may lead to dehydration, heat stroke, heat cramps, heat exhaustion, and sunburn. An extremely high body temperature can damage the brain and other vital organs. In some cases, heat related illnesses may be fatal.

Service Standard Reminder - Congregate Nutrition Services: Drinking water shall be available and located near participants. When feasible, water shall be available at each table.

Keeping your Cool

It's impossible to escape the need for water in our lives. Maintaining an adequate level of fluids in your diet is important. The water in your body regulates temperature, removes waste, carries nutrients and oxygen to the cells, helps moisturize the skin, cushions and lubricates joints and helps promote regularity. Most experts agree that we should try to consume eight 8-oz glasses of water daily. However, your needs can increase depending on your age and level of physical activity. The important thing to remember is that adequate hydration is an important part of a healthy lifestyle.

Losing your Cool

You're more likely to become dehydrated during extreme weather and physical activity, so keep liquids on hand on those hot or cold days and when you're working out.

Early symptoms of dehydration include fatigue, headache, dizziness, nausea, dark-colored urine or infrequent urination, increased body temperature, labored breathing or dry skin. Thirst is not always the first sign of dehydration.

Tips for 8 Glasses

1. If you haven't been including a lot of water in your diet, resolve to work your way up to the full eight glasses.
2. Fill a 1 liter bottle of water and take it with you to work.
3. Give yourself small rewards each week for drinking your eight glasses.
4. Many fruits and vegetables contain water and can count toward for your total fluid intake.
5. Caffeinated and alcoholic beverages have a diuretic effect, so try alternating them with water.
6. To re-hydrate your body first thing in the morning, drink a glass of water before you start your day.

Excerpted from IVillage Diet and Fitness Newsletter 7/9/2003

Get Quenched!

by Lynn Grieger, R.D., C.D.E.

Did you know that water is the most important nutrient? Or that our bodies contain more water than any other substance? No wonder drinking sufficient water is one of the most important steps we can take to protect our health.

The Water Within

Most adult bodies contain 10-12 gallons of water; that's 55 to 75 percent of our total body weight. Muscle holds more water than body fat, so the leaner you are, the greater proportion of water your body contains. Water is present in every part of our body: 83 percent of the blood, 73 percent of muscle tissue, 25 percent of body fat and even 22 percent of bones are made up of water.

So What Does Water Do in Our Body?

Water is essential, meaning we have to drink enough of it to live and promote good health. Water is an important component of just about every function that takes place within our bodies. It:

- Regulates body temperature
- Transports nutrients and oxygen throughout the body
- Carries waste products away from body cells
- Cushions joints
- Protects body organs and tissues

How Much is Enough?

On average, we lose about 10 cups of water each day through perspiration, breathing, urination and bowel movements. And this is on a typical day without exercise or hot weather. Most adults need 8-12 cups of water each day. There are several times when we need even more:

- In extreme temperatures, either hot or cold, we need more water to regulate body temperature
- Strenuous exercise or work causes increased perspiration, leading to an increase in the amount of fluid we need to drink
- Fever, diarrhea and vomiting increase our water needs to prevent dehydration

Tips to Drink Enough Water

If you wait until you're thirsty, chances are you're not drinking enough. Here are ways to make sure you get enough fluids on a daily basis:

- Add an eight-ounce glass of water to each meal
- Take a 16-ounce water bottle to work. Drink all the water before lunch, refill your water bottle, and drain it again before you head home
- Bring bottled water with you in the car
- Keep a two-quart container of water in the refrigerator. Empty it by the time you go to bed, and then refill it for the next day
- Every time you walk past a drinking fountain, stop and take a drink
- Drink water instead of snacking while you prepare dinner, read the newspaper or watch television
- Take a water bottle with you whenever you exercise.

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Department for the Aging

Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Carol Cooper Driskill

DATE: August 26, 2003

SUBJECT: Nutrition Education – Fresh Fruits and Vegetables

Attached are nutrition education items that I initially developed for the Senior Farmers Market Nutrition Program, now called Farm Market Fresh for Seniors. Two of the items are lesson plans while the remainder can be used as handouts.

I hope you find this information helpful in your nutrition education endeavors.

Please contact me at 804-662-9319 or cdriskill@vdh.state.va.us with any questions.

Lesson Plan: The Importance of Fruits and Vegetables for Health

Initial Discussion Questions

- 1) How many servings of fruits & vegetables should we eat daily to maintain good health? - 5
- 2) What are the benefits of eating fruits and vegetables?
 - Contain vitamins, minerals and nutrients
 - Provide fiber
 - May reduce the risk of certain types of cancers
 - May decrease the risk of high blood pressure, heart disease, stroke, and diabetes
 - Low in calories and fat
 - Low in sodium (fresh produce)
 - *Eating a variety of fruits and vegetables is an essential part of a healthy daily diet*

Nutritional Value of Fruits and Vegetables

Eating a variety of colorful meals, snacks, and fruits and vegetables is the easiest way to get vitamins, minerals, fiber, antioxidants, and phytochemicals

Antioxidants - compounds found in foods

- May reduce the risk of cancer and heart disease
- May slow down the aging process

Phytochemicals - ingredients naturally found in all plant foods

- May help to protect a healthy normal cell from turning into a cancerous cell
- May slow down the growth of tumor cells

Eat Nutrient Dense Foods which have higher vitamin levels

- Antioxidants defend against damage associated with aging
- Vitamins D and Calcium help keep bones strong
- Folic Acid helps retain mental acuity, and helps reduce incidence of stroke and heart disease
- Nutrient dense fruits and vegetables tend to be darker colored:
 - Dark, leafy greens
 - Yellow vegetables - sweet potatoes and squash
 - Colorful fruit – strawberries
 - Peaches and Nectarines

Adequate fiber helps with bowel function problems that may occur with aging and high fiber diets are associated with:

- Lower cholesterol levels
- Reduced risk of cardiovascular disease
- Reduced risk of cancer
- Healthy digestive system
- Fiber rich foods include:
 - Whole grain products
 - Pears
 - Corn
 - Nuts
 - Potatoes with skins
 - To increase fiber, eat the fruit or vegetable instead of drinking juice

Eat a variety of fruits and vegetables, as an essential part of a healthy daily diet

Fruits & Vegetables: Eat 5 a Day! A Good Source of Fiber

Benefits of Diets High in Fiber

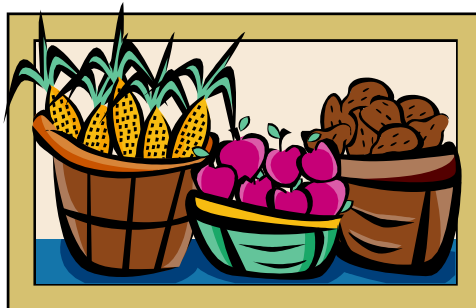
- Helps keep the digestive system healthy
- Prevents Constipation
- Helps prevent high blood pressure
- Helps prevent heart disease
- Helps prevent stroke
- Helps prevent certain types of cancer
- Helps prevent the most common form of diabetes

Tips on Adding Fiber to Your Diet

- Gradually increase the amount of fiber to avoid gas and cramping
- Eat fruits and vegetables with their skin on, such as potato
- Eat fresh raw fruits and vegetables, such as pears
- Eat the whole fruit or vegetable instead of drinking the juice
- Plus, remember to drink plenty of water!

Fruits, Vegetables, and Legumes High in Fiber:

- Potatoes with skins
- Pears
- Corn
- Lima beans
- Blackberries
- Raspberries
- Beans: Kidney, Navy, Pinto and White
- Dried prunes
- Grapefruit (not Farmer Market eligible)
- Kiwifruit (not Farmer Market eligible)
- Oranges (not Farmer Market eligible)
- Plus whole grain products and nuts



Fruits & Vegetables: Eat 5 a Day! Vitamins A and C

To stay healthy, it's recommended that we eat 5 or more servings a day of fruits and vegetables. Fruits and vegetables can help lower the risk of chronic diseases, such as cancer and heart disease, and may play a preventative role with other diseases.

Vitamin C Foods

Vitamin C helps with teeth and gums health, wound healing, and iron absorption

Vegetables:

Bell Pepper
Broccoli
Cabbage
Collard Greens
Green Leafy Vegetables
Spinach
Tomatoes & Tomato Products
Brussels Sprouts
Cauliflower

Fruits:

Cantaloupe
Strawberries
Kiwi (not Farmer Market eligible)
Grapefruit (not eligible)
Oranges (not eligible)

Vitamin A Foods

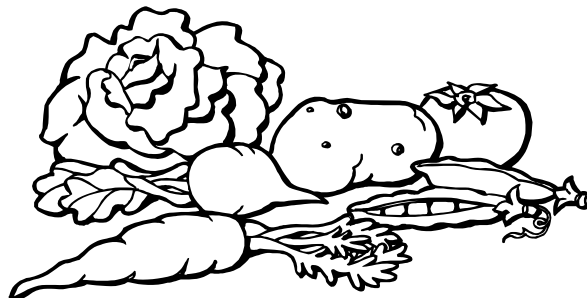
Eat fruits/vegetables with Vitamin A every day to promote good vision

Vegetables:

Carrots
Collard Greens
Spinach
Sweet Potatoes
(eligible)
Winter Squash

Fruits:

Apricots
Cantaloupe
Nectarines
Mangos (not Farmer Market



Tips for Eating More Fruits & Vegetables

Breakfast (Try to add 2 at breakfast)

- Eat a piece of fruit in the morning
- Drink juice instead of coffee or tea
- Add whole (berries), sliced, or chopped fruit to cereal or oatmeal
- Add chopped or whole fruit (such as berries) to pancakes or muffin batter
- Top pancakes & French toast with fruit
- Slice an apple & spread it with peanut butter

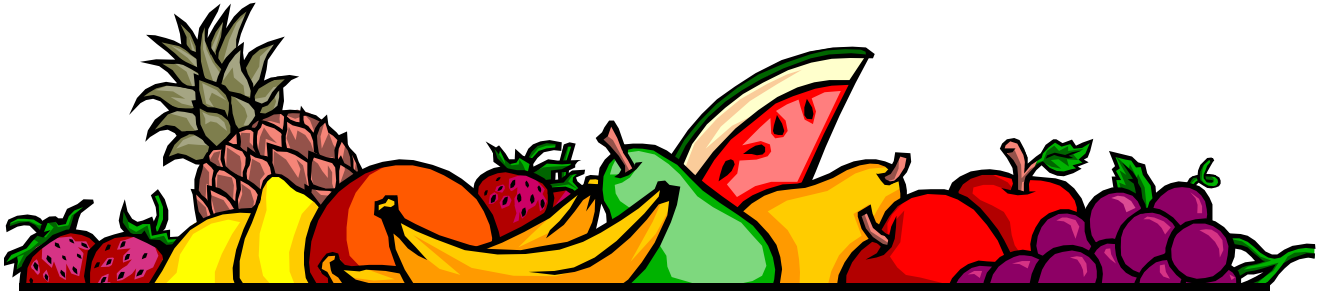
Lunch, Dinner and Supper (Try to add 1 at lunch and 2 at supper)

- Start one meal each day with a fresh salad
- Try a new vegetable or fruit in your salad
- Put tomatoes on your sandwich
- Flavor is best when vegetables are steamed or eaten raw
- Add vegetables to soups, stews & casseroles
- Serve fruit with dinner
- Top fresh fruit with yogurt or cottage cheese, sprinkle with cinnamon
- Stock the kitchen with canned, fresh & frozen fruits & vegetables
- Drink juice instead of tea, coffee or soda

Snacks and Dessert

- Keep whole fruits in a bowl on the table for quick snacks & dessert
- Dried fruit is a quick & tasty snack
- Eat cut up vegetables for a daily snack
- Keep cut raw vegetables in water in the refrigerator
- Bake or broil apples or pears with cinnamon & nutmeg, fruit tastes sweeter when eaten warm
- Add chopped or mashed fruit (such as berries) to muffins, cake & cookies
- Add fruit to plain or vanilla yogurt
- Top ice cream with berries or other fruit
- Freeze strawberries or melon cubes & eat frozen – “Frozen Bites”
- Blend fruit with milk, yogurt or fruit juice for a fruit shake





Try Fruit to Satisfy a Sweet Tooth

Baked Apple

- Remove the core and stuff with raisins and cinnamon

Frozen Bites

- Freeze strawberries or melon cubes

Fruit Smoothies

- Blend strawberries or other fruit with milk, yogurt or fruit juice

Notes – Things to Try at Home:

Lesson Plan

Tips for Individuals with Chewing or Swallowing Difficulties

These are the key points only. Each AAA may want to customize the program depending on what other education has been done and to meet the needs of their participants.

Handouts (provided by VDA):

Tips for Individuals with Chewing or Swallowing Difficulties

Class Content

Start by emphasizing that participants should always discuss diet changes with their health care provider. This is especially important for people with swallowing difficulties. If the information provided contradicts what a participant has been previously told by a health care provider, the participant should check with the health care provider before trying the tip.

Some participants may avoid eating fresh fruits and vegetables due to broken teeth, lack of teeth, poor fitting dentures, etc.

Participants may wish to share their own information or tips.

Fruits & Vegetables

Tips for Individuals with Chewing or Swallowing Difficulties

Note: Always discuss diet changes with your health care provider

When Chewing Is a Problem

Avoid fruits and vegetables with skins

Let the knife work, instead of your teeth! Thin slices are easier to chew

Steam vegetables so they are tender

Soften cooked vegetables by mashing or putting in the blender

Chop fruits and vegetables or grind in a blender or food processor

Try baked fruit or make applesauce

Drink your fruit! Blend fruit with milk or yogurt for a fruit shake

Instead of fresh fruit, try fruit juices and soft canned fruits, like applesauce, peaches and pears

Instead of raw vegetables, try vegetable juices and creamed and mashed cooked vegetables

When Swallowing Is a Problem

Include highly textured foods such as:

- Diced, cooked vegetables
- Finely chopped raw vegetables in gelatin

Choose foods that stay together when chewed

- Try vegetables in sauces, instead of plain raw vegetables
- Try pureed fruit instead of raw fruit

